

Don't Go From Bad to Worse!

Are you always weak, miserable and half-sick? Then it's time you found out what is wrong. Kidney weakness causes much suffering from backache, lameness, stiffness and rheumatic pains, and if neglected, brings danger of serious troubles—dropsy, gravel and Bright's disease. Don't delay. Use **Doan's Kidney Pills**. They have helped thousands and should help you. Ask your neighbor!



An Ohio Case

Mrs. Belle Holding, 230 S. Locust St., Urbana, Ohio, says: "I had terrible pains in the small of my back and was so sore and stiff I could hardly bend over. My back ached and I felt tired and worn out. My kidneys acted irregularly. As Doan's Kidney Pills were recommended to me I began using them. They soon gave me relief."

Get Doan's at Any Store, 60c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

There are men who would rather be attached to a ball and chain than to an apron string.

Catarrrh

Catarrrh is a local disease greatly influenced by constitutional conditions. HALL'S CATARRH MEDICINE is a Tonic and Blood Purifier. By cleansing the blood and building up the system, HALL'S CATARRH MEDICINE restores normal conditions and allows Nature to do its work.

All Druggists. Circulars free.
F. J. Cheney & Co., Toledo, Ohio.

Some politicians begin at the bottom and work down.

Important to Mothers

Examine carefully every bottle of **CASTORIA**, that famous old remedy for infants and children, and see that it bears the Signature of **Dr. H. H. Fletcher** In Use for Over 30 Years. Children Cry for Fletcher's Castoria

A porous plaster is often a great drawback to an enterprising man.

When Run-Down



CLEVELAND, OHIO.—"During all of my life I have depended upon Dr. Pierce's Favorite Prescription to keep me strong and well. It has been especially beneficial to me during motherhood and I know it prevented suffering. As a woman's tonic I consider 'Favorite Prescription' unexcelled, and wish I could urge every woman who is at all run-down, weak or nervous to try just one bottle to prove its worth."—**MRS. RENA RUTHENBERG**, 1209 East 80th Street.

Good looks in woman do not depend upon age, but upon health.

You never see a good-looking woman who is weak, run-down.

Dr. Pierce's Favorite Prescription is the best woman's tonic there is. It is 50 years old, and its age testifies to its goodness.

All druggists. Liquid or tablet form. Send 10c. to Dr. Pierce's Invalids' Hotel in Buffalo, N. Y., for trial package of tablets.

Don't Neglect Your Skin

Ladies—A few days' treatment with **CARTER'S LITTLE LIVER PILLS** will do more to clean up the skin than all the beauty treatments in creation. An imperfect complexion is caused by a sluggish liver. Millions of people, old, young and middle age, take them for Biliousness, Dizziness, Sick Headache, Upset Stomach and for Sallow, Pimply and Blochy Skin. They end the misery of Constipation.

Small Pill—Small Dose—Small Price

Baby Coughs

require treatment with a remedy that contains no opiates. PISO'S is mild but effective; pleasant to take. Ask your druggist for

PISO'S



(© 1920, Western Newspaper Union.)

"All riches are desirable and we are justified in seeking them all; but the riches of mind and soul give the greatest happiness and add the most to life."

THE LUNCH BASKET.

Now that school has begun again, the problem of getting the lunch baskets ready has also begun. To prepare a good, wholesome lunch which will satisfy a growing child both as to appetite and taste is no small piece of work, for five days in the week, nine or ten months of the year. In many schools lunches are served, but in the great majority children still must carry the noonday luncheon when they live too far to go home.

A few suggestions as to the lunch-box: Buy a package of paper napkins and wrap food in them, or in paraffin paper, thus keeping the food flavors unimpaired. When practical small paper cups for custards and jelly or gelatine desserts are light and attractive.

A meal in which all the important kinds of food are represented tends to keep the child in good condition and give him good habits of eating.

The following are some suggestions for a bill of fare for the lunch basket:

Sandwiches, with sliced tender meat for filling; baked apple, cookies and a few raisins or two or three pieces of pure, home-made candy.

Slices of meat or bean loaf, bread and butter sandwiches, stewed fruit, or a cupful of jelly and a small frosted cake.

Crisp rolls hollowed out and filled with flaked fish mixed with salad dressing, an orange or an apple, and cake.

Lettuce or celery sandwiches, cup custard, and jelly cake.

Cottage cheese, chopped green pepper with bread and butter sandwiches, fruit, cake and a few peanuts.

A bottle of milk, corn bread and butter, a handful of dates and an apple.

Raisin or nut bread buttered, cheese, orange and maple sugar.

Chicken salad in a crisp roll hollowed out, apple sauce, a piece of sweet chocolate.

Who shall have vision to pierce the mist
Enshrouding the common thing,
Or see in the dark hours, sorrow
Kissed,
The gleam of an angel's wing?
The world is wide, and the world is old;
Its mysteries pass our ken;
And only to God are the secrets told
Which live in the hearts of men.
—Christine Davis.

MORE GOOD THINGS.

For those who like rich pastry or cake the following will be a treat:

Scotch Short Bread.—Beat one cupful of butter to a cream, add one-half cupful of light brown sugar, then work in four cupfuls of pastry flour.

If the flour is slightly warm it will work in more easily. Form the mixture into two flat cakes seven inches in diameter. Decorate the edge with a fork or by crimping with the thumb and finger. Sprinkle the top with chopped cherries, caraway candies or preserved citron. Bake in a slow oven.

Tapoca, Pineapple Sponge.—Scald two cupfuls of grated pineapple and half a cupful of boiling water in a double boiler, add one-fourth of a cupful of minute tapoca and one-fourth of a teaspoonful of salt. Stir occasionally and let cook about half an hour, then add the juice of half a lemon and one-fourth of a cupful of sugar. Fold in the whites of two eggs beaten stiff and cook until the egg is set. Serve hot or cold in glass cups with whipped cream as a garnish.

Marshmallow Cream.—Soften one teaspoonful of gelatin in two or three tablespoonfuls of cold milk, then dissolve by setting the dish in boiling water. Add half a cupful of sugar and one cupful of double cream and beat until firm. Beat the white of a small egg, then fold it into the cream with half a teaspoonful of vanilla, half of a quarter-pound box of marshmallows cut in quarters, half a cupful of skinned and seeded white grapes cut in halves, one banana cut in cubes and mixed with a tablespoonful of lemon juice to keep the pieces from discoloring. Dispose in glass cups with a cherry here and there. Garnish the top with a quarter of a marshmallow, sprinkle with fine-chopped nuts and chill before serving.

Nellie Maxwell

FARM POULTRY

LARGE INFLUENCE OF MALES

Selection of Roosters to Increase Egg Production Is Urged by Poultry Specialists.

Although poultry experts have long advocated culling non-producing hens, poultry workers at the College of Agriculture at Ithaca now advise the selection of roosters to increase egg production, according to an article in the Cornell Countryman. From experiments extending back for more



White Plymouth Rock Cock.

than a year, it has been demonstrated that it is possible to determine from appearances the males which are most likely to produce the best-paying hens.

The difference in the appearance of males is comparable to the difference in the rate of growth and the intensity with which hens lay, according to the college. Some hens can lay an egg once in every 24 hours; others are not able to produce an egg oftener than once in 48 hours, although both have the same care and feed. If one hen can lay faster than another, it indicates that she can digest large amounts of feed quickly. The experiments at this point determine also the value of males as foundations of high-producing flocks.

The Cornell workers measured several lots of males a year ago, and by observing the records of the offspring, they say that they can tell from the appearance of the rooster whether his daughters will be good layers. Members of the college staff think the results of these experiments will have as much value in developing efficient poultry flocks as the original discovery that it was possible to determine by appearance which hens were laying.

A rooster to father egg-laying offspring should grow rapidly and mature quickly. He should appear deep bodied and short legged, full in breast and abdomen with a flat, wide back. His head should be moderately short, set on a large full neck, and with prominent eyes. A good male for breeding is friendly, courageous and proud of himself, calling attention to his pride by frequent crowing.

MAKE HEN FLOCK PROFITABLE

With Possible Exception of Leghorns Fowls Over Two Years Old Do Not Pay to Keep.

It seldom pays to keep hens for laying after they are two and one-half years old. This may not be true of Leghorns but is generally so of most other breeds. Hens older than this may return some profit but younger hens will return greater profits. In this day of high-priced feed, culling will make poultry more profitable.

VARIETY OF FEED ESSENTIAL

Every Flock of Hens Must Be Supplied With Necessary Material to Manufacture Eggs.

Every flock of hens is an egg factory. Like any other factory the flock can be given the best materials in the world to work on and still fail to produce enough to pay for running the plant. Good feed in sufficient variety is necessary for egg production, but the ability to manufacture eggs from feed must be there first.

HIGH MORTALITY IN POULTS

Some of Most Common Causes Are Exposure to Cold and Dampness and Overfeeding.

The high mortality common in young poult usually is due to some of the following causes: Exposure to dampness and cold; improper feeding; close confinement; lice; predatory animals; weakness in the parent stock.

Important to all Women Readers of this Paper

Thousands upon thousands of women have kidney or bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

You may suffer pain in the back, headache and loss of ambition.

Poor health makes you nervous, irritable and may be dependent; it makes any one so.

But hundreds of women claim that Dr. Kilmer's Swamp-Root, by restoring health to the kidneys, proved to be just the remedy needed to overcome such conditions.

Many send for a sample bottle to see what Swamp-Root, the great kidney, liver and bladder medicine, will do for them. By enclosing ten cents to Dr. Kilmer & Co., Binghamton, N. Y., you may receive sample size bottle by Parcel Post. You can purchase medium and large size bottles at all drug stores.—Adv.

The Cry of the Season.

"I want to open an account."
"All right, sir, but won't you first shut the door?"

USE "DIAMOND DYES"

Dye right! Don't risk your material in a poor dye. Each package of "Diamond Dyes" contains directions so simple that any woman can diamond-dye a new, rich, fadeless color into old garments, draperies, coverings, everything, whether wool, silk, linen, cotton or mixed goods.

Buy "Diamond Dyes"—no other kind—then perfect results are guaranteed. Druggist has "Diamond Dyes Color Card"—16 rich colors. Adv.

The earliest altars were turf mounds, large flat-topped stones or other rude elevations.

Anoint the eyelids with Roman Eye Balm at night, and in the morning your eyes will feel refreshed and strengthened.—Adv.

Anyway, Ananias was never accused of being the author of a tombstone inscription.

When Children are Sickly

are Constipated, Feverish, Cry out in their sleep, Take cold easily, Have Headaches, Stomach or Bowel trouble, Try

MOTHER GRAY'S SWEET POWDERS FOR CHILDREN

They are pleasant to take and a certain relief. They act on the Stomach, Liver and Bowels and tend to correct intestinal disorders. 10,000 testimonials from mothers and friends of little ones telling of relief. No mother should be without a box of Mother Gray's Sweet Powders for use when needed. Ask to-day. At Druggists. The need of them often comes at inconvenient hours.

Used by Mothers for over thirty years.

Do Not Accept Any Substitute for MOTHER GRAY'S SWEET POWDERS.

Kill That Cold With

HILL'S CASCARA QUININE
FOR Colds, Coughs AND La Grippe

Neglected Colds are Dangerous

Take no chances. Keep this standard remedy handy for the first sneeze.

Breaks up a cold in 24 hours—Relieves Grippe in 3 days—Excellent for Headache

Quinine in this form does not affect the head—Cascara is best Tonic Laxative—No Opium in Hill's.

ALL DRUGGISTS SELL IT



Stock Raising in WESTERN CANADA

is as profitable as grain growing. Successes as wonderful as those from growing wheat, oats, barley, and flax have been made in raising Horses, Cattle, Sheep and Hogs. Bright, sunny climate, nutritious grasses, good water, enormous fodder crops—these spell success to the farmer and stock raiser. And remember, you can buy on easy terms

Farm Land at \$15 to \$30 An Acre

—land equal to that which through many years has yielded from 20 to 45 bushels of wheat to the acre—grazing land convenient to good grain farms at proportionately low prices. These lands have every rural convenience; good schools, churches, roads, telephones, etc., close to live towns and good markets.

If you want to get back to the farm, or to farm on a larger scale than is possible under your present conditions, investigate what Western Canada has to offer you.

For illustrated literature with maps and particulars regarding reduced railway rates, location of land, etc., apply to Department of Immigration, Ottawa, Canada, or

W. S. Nethery, Room 82, Interurban Station Bldg., Columbus, O.

Canadian Government Agent.

